

# The Effect of Distraction Therapy in Reducing Children's Anxiety During Circumcision

## Pengaruh Terapi Distraksi dalam Mengurangi Kecemasan pada Anak yang Disunat

Primasari Mahardhika Rahmawati<sup>1</sup>, R. Endro Sulistyono<sup>1</sup>, Suhari<sup>1</sup>, Dwi Ochta Pebriyanti<sup>1</sup>

<sup>1</sup> Faculty of Nursing, Universitas Jember, Indonesia

**Correspondence:**

Primasari Mahardhika Rahmawati  
[ns.primahardhika@unej.ac.id](mailto:ns.primahardhika@unej.ac.id)

**Abstract:**

Circumcision or circumcision is a surgical procedure that involves removing all or part of the foreskin of the penis with the aim of keeping the vital area clean so that it is not easily infected. By 2020, 85% of boys will be circumcised, equating to around 8.7 million boys annually. The circumcision rate will increase along with population growth in Indonesia. Most children who undergo circumcision will encounter obstacles such as fear, crying, refusing to enter the room and having to ask their parents to accompany them when they want to enter the room. This shows that there are fundamental problems in children who will be circumcised. Anxiety is one of the things a child will face before being circumcised. Anxiety can cause prolonged trauma, causing children to experience stressor crises. The cause of anxiety is pain and fear during the circumcision process. Often parents and medical personnel think this is trivial, but in fact if left unchecked it will have a serious impact on the child's mental condition. Distraction therapy is an example of therapy that can help reduce a child's anxiety about circumcision. Children who are circumcised will naturally feel afraid and anxious, so play therapy is carried out to reduce these feelings of anxiety. This therapy involves diverting attention to the child who will be circumcised. The goal is to change the child's orientation and thinking, which was initially focused on circumcision, towards the proposed therapy. This will create a feeling of security and comfort, thereby helping the circumcision process run smoothly.

**Keywords:** circumcision; anxiety; distraction therapy

**Abstrak:**

Sirkumsisi atau sunat adalah prosedur pembedahan yang melibatkan pembuangan seluruh atau sebagian kulup penis dengan tujuan untuk menjaga kebersihan area vital agar tidak mudah terinfeksi. Pada tahun 2020, 85% anak laki-laki akan disunat, atau setara dengan sekitar 8,7 juta anak laki-laki setiap tahunnya. Angka sunat akan terus meningkat seiring dengan pertumbuhan penduduk di Indonesia. Sebagian besar anak yang menjalani sunat akan mengalami kendala seperti takut, menangis, menolak masuk ruangan dan harus meminta orang tua untuk menemani saat ingin masuk ruangan. Hal ini menunjukkan bahwa ada masalah mendasar pada anak yang akan disunat. Kecemasan merupakan salah satu hal yang akan dihadapi anak sebelum disunat. Kecemasan dapat menimbulkan trauma yang berkepanjangan sehingga menyebabkan anak mengalami krisis stressor. Penyebab kecemasan adalah rasa sakit dan ketakutan selama proses sunat. Seringkali orang tua dan tenaga medis menganggap hal ini sepele, padahal jika dibiarkan akan berdampak serius pada kondisi mental anak. Terapi distraksi merupakan salah satu contoh terapi yang dapat membantu mengurangi kecemasan anak terhadap sunat. Anak yang disunat secara alamiah akan merasa takut dan cemas, sehingga terapi bermain dilakukan untuk mengurangi perasaan cemas tersebut. Terapi ini melibatkan pengalihan perhatian pada anak yang akan disunat. Tujuannya adalah untuk mengubah orientasi dan pemikiran anak, yang awalnya terfokus pada sunat, menjadi terfokus pada terapi yang akan dilakukan. Hal ini akan menciptakan perasaan aman dan nyaman, sehingga membantu proses sunat berjalan dengan lancar.

**Kata Kunci:** sunat; kecemasan; terapi distraksi

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## INTRODUCTION

Circumcision is a surgical procedure by cutting all or part of the foreskin of the penis to keep the vital area clean so that it is not easily infected (Fatmawati, 2019)—cultural influences and ways of thinking cause people to perform circumcision. The benefit of circumcision is that it can prevent deadly diseases such as AIDS and cervical cancer (WHO, 2007).

In 2020, circumcision boys will be 85% or around 8.7 million per year. The circumcision rate will increase along with the population growth rate in Indonesia. From data at the Sukowono Modern Circumcision House, Jember Regency, from January to November 2022, 168 children underwent circumcision. On average, children who undergo circumcision at this place experience problems such as fear, crying, refusing to enter the room, and asking to be accompanied by their parents when they want to enter the room. This shows that the fundamental problem of children who will undergo circumcision at the Sukowono Modern Circumcision Home, Jember Regency, is that many people experience anxiety.

Anxiety is one of the things that children will face before having a circumcision. The cause of anxiety is pain and fear during the circumcision process. In general, parents and medical personnel consider this to be trivial, but in reality, if this is left unchecked, it will have a fatal impact on the child's mental status (Ulum, 2022). Feelings of anxiety, difficulty concentrating, and irritability are indicators of high levels of negative emotions (Kurniyawan et al., 2024). According to (Nursalam, 2008), anxiety can cause prolonged trauma, causing hospitalization in children. During hospitalization, children will experience a stressor crisis, namely pain with facial grimacing, crying, clenching their teeth, biting their lips, and opening their eyes wide, which can even result in fatal actions such as aggressive actions, for example, kicking, hitting, biting, and running out. This will certainly disrupt the circumcision process.

To overcome this, it is necessary to carry out various therapies or divert the child's attention. Distraction therapy is an example of therapy that can help reduce anxiety in children who are about to undergo circumcision. Distraction can also mean actively doing something or not doing anything, such as taking deep breaths, calming down, practicing yoga or meditation, or even stretching your legs (Kurniyawan et al., 2023). Children who will undergo circumcision will, of course, be afraid and anxious, so to reduce this anxiety, play therapy is carried out. This therapy is carried out by providing a diversion of attention to the child who is about to undergo circumcision. Based on the analysis of this situation, community service with educational activities and services to the community aims to change the focus and thoughts of children who were initially on circumcision to the therapy provided. The benefit obtained is that it creates a feeling of security and comfort, which can help the circumcision process run smoothly.

## IMPLEMENTATION METHOD

Educational activities and community services regarding distraction techniques to reduce anxiety are aimed at children who will undergo circumcision in Sukoreno Village, Kalisat District, Jember Regency, totaling around 30 children. Children who will undergo circumcision and will undergo distraction therapy will be screened for the level of discomfort as initial data. The method used in this outreach is health education, which is carried out actively through lectures, questions and answers, and demonstrations. The media used is a banner. The measuring tool used is the response from children who undergo circumcision who feel calmer and even sing and laugh so that the body will look relaxed and circumcision activities can be carried out optimally. The location for this activity is carried out according to the agreement that has been determined, namely on December 2, 2023, at 07.00 - finish in Sukoreno Village, Kalisat District, Jember Regency. The following is a banner for distraction techniques to reduce anxiety levels in children, which is shown to circumcision participants.

**TERAPI DISTRAKSI DALAM UPAYA MENURUNKAN KECEMASAN PADA ANAK PRE SIKUMSISI**

**DEFINISI**  
Terapi distraksi merupakan salah satu contoh terapi yang dapat membantu mengurangi kecemasan. Terapi ini dilakukan dengan cara memberikan pengalihan perhatian pada anak yang akan melakukan sirkumsisi. Hal ini bertujuan agar fokus dan pikiran anak yang awalnya pada tindakan sirkumsisi berubah pada terapi yang diberikan. Sehingga akan tercipta rasa aman dan nyaman yang dapat membantu kelancaran pada proses sirkumsisi.

**MANFAAT**

- Mengurangi Tingkat Kecemasan
- Perhatian anak akan teralihkan pada terapi yang dilakukan
- Menciptakan Rasa lebih nyaman, santai dan berada dalam kondisi yang menyenangkan.

**JENIS-JENIS DISTRAKSI**

1. Distraksi Visual
2. Distraksi Pendengaran
3. Distraksi Pernafasan
4. Distraksi Intelektual

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**TIM KERIS DENSUS:**  
PRIMASARI MAHARDHIKA RAHMAWATI  
R. ENDRO SULISTYONO, SUHARI, DWI OCHTA PEBRIYANTI  
MOHAMMAD ADI PRAYITNO, M.SADAM RAMADHAN

keris\_Densus Author : ns.primahardhika@unej.ac.id

Figure 1. Banner of Distraction Therapy in Reducing Anxiety Levels

## RESULT AND DISCUSSION

The implementation of this activity begins with an initial introduction to the respondents, namely children who will undergo circumcision and continues with a demonstration of providing distraction. The distraction activities carried out are visual distraction, auditory distraction, respiratory distraction and intellectual distraction. Distraction therapy is carried out on children who will undergo circumcision so that children's anxiety can be reduced, children feel more comfortable. This can be seen from the children's responses, namely singing, laughing and their body looks relaxed so that circumcision activities can be carried out smoothly. optimal.

Supporting factors for this activity are a comfortable place, sufficient lighting and good air circulation so that children can easily concentrate with the distraction therapy being carried out; Supporting tools and materials for distraction therapy such as audio devices, toys and other supporting tools are adequate so that children can easily carry out this distraction therapy and the demonstrations given by the presenters are very easy for respondents to understand and put into practice so that the implementation of this distraction therapy can be carried out optimally. Apart from that, there is an inhibiting factor that occurs when carrying out distraction therapy activities, namely that the place used is still not comfortable due to the large number of visitors or families taking children to have circumcisions so that the place used is too noisy which results in the children not concentrating.

## CONCLUSION AND RECOMMENDATION

The implementation of community service carried out at the Sukoreno Village Hall, Kalisat District, Jember Regency, namely distraction therapy carried out on pre-simcussion children, was carried out well. Children who will undergo circumcision show a decrease in anxiety levels. This can be seen from the children's responses, namely singing, laughing, and appearing relaxed so that circumcision activities can be carried out optimally. It is necessary to pay attention to providing education to parents accompanying children undergoing circumcision and making the place used during therapy more comfortable so that children can easily concentrate while therapy is being carried out.

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